

YMCA OF BUCKS AND HUNTERDON COUNTIES | Quakertown
Group Exercise Schedule
February 2024

"We're here for you."

DAYTIME CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BodyCombat™ 5:30-6:15 AM Jenna Aux. Gym	Strength & Flow 5:30-6:15 AM Steph Aux. Gym	HIIT 5:30-6:15 AM Steph Aux. Gym	Kettlebell 5:30-6:15 AM Tara Aux. Gym	Step/Strength Interval 8:00-8:45 AM Megan Aux. Gym	Total Body Conditioning 8:00-8:45 AM Jenna Aux. Gym	HIIT 7:30-8:15 AM Steph Aux. Gym
Aqua Zumba 9:00-9:45 AM Christopher LP	Cardio/Strength Interval 8:15-9:00 AM Karen Aux. Gym	BodyPump™ 8:00-8:45 AM Karen Aux. Gym	BodyCombat™ 8:15-9:00 AM Karen Aux. Gym	Aqua Zumba 9:00-9:45 AM Karen LP	NEW! Express Barre 9:00-9:30 AM Jenna Studio Y	Aqua Zumba 8:00-8:45 AM Melanie LP
Aqua Deep Water Challenge 9:30-10:15 AM Michelle LP	Y Circuit Class 9:30-10:15 AM Tara Y Circuit Room	Pop Pilates Express 9:00-9:30 AM Karen Aux. Gym	Aqua Zumba 9:00-9:45 AM Christopher LP	Aqua Deep Water Challenge 9:30-10:15 AM Michelle LP	Zumba® 9:30-10:15 AM Melanie Aux. Gym	Yoga 8:30-9:30 AM Steph Aux. Gym
HIIT 9:30-10:15 AM Megan Aux. Gym Virtual Live (Heart Rate Training class)	Spin 9:45-10:30 AM Kristen Studio Y Virtual Live	Aqua BeatBox 9:00-9:45 AM Christopher LP	Zumba® 9:15-10:00 AM Karen Aux. Gym	Strength & Sculpt 9:30-10:15 AM Megan Aux. Gym Virtual Live	BodyPump™ 10:30-11:15 AM Kristen Aux. Gym	BodyPump™ 9:45-10:30 AM Beth Aux. Gym
Ab Blast! 10:30-11:00 AM Jen Studio Y Virtual Live	SilverSneakers® Classic 11:00-11:45 AM Kristen Aux. Gym	Aqua Deep Water Challenge 9:30-10:15 AM Michelle LP	Y Circuit Class 10:00-10:45 AM Kristen Y Circuit Room	Ab Blast! 10:30-11:00 AM Jen Studio Y Virtual Live		
SilverSneakers® Circuit 11:00-11:45 AM Megan Gym Virtual Live		Booty Boot Camp 9:30-10:15 AM Megan Studio Y Virtual Live	SilverSneakers® Classic 11:00-11:45 AM Kristen Gym	SilverSneakers® Circuit 11:00-11:45 AM Megan Gym Virtual Live		
		Aqua Variety 10:00-10:45 AM Christopher LP	Tai Chi 11:00-11:45 AM Virtual Studio Y			
		Spin 10:30-11:15 AM Kristen Studio Y				
		Stretch & Balance 11:00-11:45 AM Megan Gym Virtual Live				

EVENING CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Y Circuit Class 5:30-6:15 PM Jenna Y Circuit Room	Zumba® 5:30-6:15 PM Lisa Aux. Gym	BodyPump™ 5:30-6:15 PM Megan Aux. Gym	BodyCombat™ 5:30-6:15 PM Karen Aux. Gym			
NEW! Zumba® 5:30-6:15 PM Melanie Aux. Gym	HIIT 6:30-7:00 PM Laura Aux. Gym	Zumba® 5:30-6:15 PM Chris Studio Y	Pilates 6:30-7:15 PM Karen Aux. Gym			
BodyPump™ 6:30-7:15 PM Laura Aux. Gym	Yoga 7:30-8:30 PM Rick Studio Y (new start time)	Y Circuit Class 6:30-7:15 PM Tara Y Circuit Room (Heart Rate Training class)	Adult Swim Conditioning 7:30-8:30 PM ve LP		<u>Quakertown Group Exercise Schedule</u> Group exercise classes are included in your membership.	
					<u>Quakertown Branch Stay & Play Hours:</u> Monday-Thursday 8:30AM-12:30PM Monday-Thursday 5:00-7:30PM Friday 8:30AM-12:30PM Saturday 8:30AM-12:30PM	
Cardio/Endurance	Strength/Bodywork	Dance	Mind/Body	Aquatics	Senior/Adapted	Virtual
Heart Rate Training Class						

Highlighted items indicate a change in class format or time.

Please check ymcabucks.org for updates and visit us on the Y Wellness 24/7 virtual platform

for our live Virtual Group Exercise classes and hundreds of on-demand video content!

Updated 1/26/24